Millennial Star

Vol. 104, No. 21 Thursday, May 21, 1942

POETRY

THE NIGHTINGALE AND THE GLOW-WORM.

A nightingale, that all day long
Had cheered the village with his song
Nor yet at eve his note suspended,
Nor yet when eventide was ended,
Began to feel, as well he might,
The keen demands of appetite;
When, looking eagerly around,
He spied far off upon the ground,
A something shining in the dark,
And knew the glow-worm by his spark;
So, stooping down from hawthorn top,
He thought to put him in his crop.
The worm, aware of his intent,
Harangued him thus, right eloquent—
Did you admire my lamp, quoth he,
As much as I your minstrelsy,
You would abhor to do me wrong,
As much as I to spoil your song;
For 'twas the self-same power divine
Taught you to sing, and me to shine;
That you with music, I with light,
Might beautify and cheer the night.
The songster heard his short oration,
And, warbling out his approbation,
Releas'd him, as my story tells,
And found a supper somewhere else.
Hence jarring secretaries may learn
Their real interest to discern;
That brother should not war with brother
And worry and devour each other;
But sing and shine by sweet consent,
Till life's poor transient night is spent.
Respecting in each other's case
The gifts of nature and of grace.
Those Christians best deserve the name,
Who studiously make peace their aim;
Peace both the duty and the prize
Of him that creeps and him that flies.

—William Cowper.

THOUGHT FOR THE WEEK:

Point thy tongue on the anvil of truth.—Pindar.

THE LATTER-DAY SAINTS'

MILLENNIAL STAR

ESTABLISHED IN 1840

Vol. 104, No. 21 Thursday, May 21, 1942 Price 2½d.

The "Millennial Star" is published weekly by the British Mission of the Church of Jesus Christ of Latter-day Saints. Subscription price: 2s. 6d. for three months; 5s. for six months; 7s. 6d. for nine months; and 10s. per year.

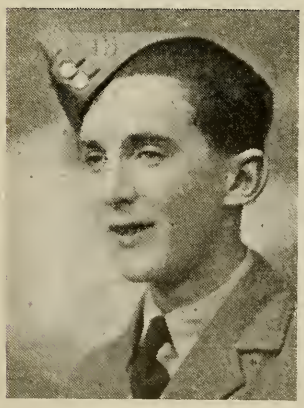
JAMES P. HILL
Editor—Publisher

149 Nightingale Lane, London, S.W.12 Telephone BATtersea 4510

For all those who will not endure chastening, but deny me, cannot be sanctified.—Doctrine and Covenants 101: 5.

★

THE HIGHEST COMPACT WE CAN MAKE WITH OUR FELLOW IS, LET THERE BE TRUTH BETWEEN US FOR EVER MORE. IT IS SUBLIME TO SAY AND FEEL OF ANOTHER, I NEED NEVER MEET, OR SPEAK, OR WRITE TO HIM; WE NEED NOT REINFORCE OURSELVES, OR SEND TOKENS OF REMEMBRANCE; I RELY ON HIM AS ON MYSELF; IF HE DID NOT THUS OR THUS, I KNOW IT WAS RIGHT. —Emerson.



THIS WEEK'S COVER

The etching. "The Shambles, York," reproduced on the cover of this week's "Star," is the work of a young Latter-day Saint, Norman Dyke, of the Nuneaton Branch, Birmingham District. He has recently had one of his drawings accepted and hung by the Royal Society of Arts.

"Norman is 20 now and is serving in the R.A.F. It's my desire that my son should use his gift in some way for the benefit of our Church. He wished me to send you this one to be used for the 'Star'" wrote his mother.

We wish our young contributor success in his career and every blessing in the development of his artistic talents.—A. K. A.

Proclamation To The Nations

THE LORD'S SOLEMN WARNING

By Dr James E. Talmage

NATIONS are the units into which the human family is segregated. Each of these exists as an organized community under a general government, usually within well defined territorial boundaries. Every nation is composed of individual souls; and the real character of the nation is the algebraic sum of the characters of its citizens. This, however, may differ from the character of the national government, if the latter consists of a ruling class distinct from the masses and exercising arbitrary dominion.

With the substitution of democracy for autocracy, the citizenry of a nation become answerable for the character of their government, since the power to direct its course lies with them. Nations, therefore, and specifically their governments, may be good or bad, honest or unscrupulous, truthful or deceiving, in short righteous or unrighteous. "Blessed is the nation whose God is the Lord."—Psalm 33: 12. "Righteousness exalteth a nation: but sin is a reproach to any people."—Proverbs 14: 34.

The burden of national accountability must rest upon those who have voice and power in the government, whether these be hereditary rulers as under the old and now declining systems of monarchial authority, or the people themselves as in the rapidly developing democracies. Sacred Writ abounds in Divine admonitions, warnings and commands to the nations; and these are directed to the people collectively and individually.

As a distinguishing feature of the last days, and of the imminence of His advent, Christ thus spake: "And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come."—Matthew 24: 14. These present are the days of which the Lord spake and the Gospel of Jesus Christ is proclaimed in the world and shall yet be preached more widely, as a witness by which every nation and all people shall be judged. Through His latter-day prophet, Joseph Smith, the God of heaven and earth has uttered solemn warning to the nations. Read and heed!

In commandment to the Elders of His Church the Lord hath further said:

Concerning the calamities of the last days, which have been decreed as the result of sin, we read:

Yet further:

Of the fair land of America, Jehovah revealed His will to ancient prophets in these definite terms:

Note, however, the further decree of God,

"Wherefore the voice of the Lord is unto the ends of the earth, that all that will hear may hear: Prepare ye, prepare ye for that which is to come, for the Lord is nigh. . . . And the arm of the Lord shall be revealed; and the day cometh that they who will not hear the voice of the Lord, neither the voice of his servants, neither give heed to the words of the prophets

and apostles, shall be cut off from among the people. For they have strayed from mine ordinances, and have broken mine everlasting covenant." Doctrine and Covenants 1: 11-15.

"Lift up your voices and spare not. Call upon the nations to repent, both old and young, both bond and free, saying: Prepare yourselves for the great day of the Lord; for if I, who am a man, do lift up my voice and call upon you to repent, and ye hate me, what will ye say when the day cometh when the thunders shall utter their voices from the ends of the earth, speaking to the ears of all that live, saying, Repent, and prepare for the great day of the Lord? . . . And again, the Lord shall utter his voice out of heaven, saying: Hearken, O ye nations of the earth, and hear the words of that God who made you. O ye nations of the earth, how often would I have gathered you together as a hen gathereth her chickens under her wings, but ye would not."—Doctrine and Covenants 43: 20-24.

"For I the Almighty, have laid my hands upon the nations, to scourge them for their wickedness. And plagues shall go forth, and they shall not be taken from the earth until I have completed my work, which shall be cut short in righteousness, until all shall know me, who remain, even from the least unto the greatest, and shall be filled with the knowledge of the Lord."—Doctrine and Covenants 84: 96-98.

"And thus, with the sword, and by bloodshed, the inhabitants of the earth shall mourn; and with famine and plague and earthquakes, and the thunder of heaven, and the fierce and vivid lightning also, shall the inhabitants of the earth be made to feel the wrath, and indignation and chastening hand of an Almighty God, until the consumption decreed hath made a full end of all nations. That the cry of the saints, and of the blood of the saints shall cease to come up into the ears of the Lord of Sabaoth from the earth, to be avenged of their enemies."—Ooctrine and Covenants 87: 6-7.

Behold, this is a choice land, and whatsoever nation shall possess it, shall be free from bondage, and from captivity, and from all other nations under heaven, if they will but serve the God of the land, who is Jesus Christ, who hath been manifested by the things which we have written.
that whoso should possess this land of promise, from that time henceforth and forever, should serve him, the true and only God, or they should be swept off when the fulness of his wrath should come upon them."—Book of Mormon, Ether 2: 12, 8.

★

MISSIONARY MOVEMENTS.

RELEASES.

Sister Effie May Bettridge was honourably released on the 17th March, 1942, and returned to her home in the Nottingham District. She laboured as Correspondence Secretary in the Mission Office for 11 months and for one month in the Manchester District.

Sister Louise Taylor was honourably released on the 5th March, 1942, and returned to her home in the Liverpool District. She laboured in the Birmingham District for the whole of her Mission.

Sister Marjorie Germany was honourably released on the 24th April, 1942, and returned to her home in the Sheffield District. Her Mission had to be curtailed owing to illness.

Eder Melvin W. Dunn was honourably released on the 3rd May, 1942, to return to his home in the Birmingham District. He has given two years and three months to full time Missionary work and laboured in the Mission Office as Circulation Manager, devoting the last four months to Lecture work in the Field.

Sister Gwendoline Clarice Farmer was honourably released on the 9th March, 1942, and returned to her home in the Birmingham District from the Scottish District.

L.D.S. Pen Friendship League

SEVERAL more letters have arrived from L.D.S. Girls in America. All of these have been sent to some of our L.D.S. Boys in the services. We hope the recipients will enjoy the contents and write back. Gradually, but very definitely, we hope to reach most of our young members of the Church scattered throughout the world.

A word to our L.D.S. Pen Friends in America: We like your letters. They are delightful! Our boys will be pleased, indeed, to read them. WE SHALL BE PLEASED TO RECEIVE MORE! Better still, send them to those of our Pen Friends whose names have been published on this page in previous issues. One better still, send us $2 for one year's subscription for the "Millennial Star." It's dear, but more than half of it goes to win the war. You will then be able to hitch your wagon to our "Star." Happy landings!

We have taken the liberty to publish Miss Ruth Robinson's letter in the "Star." If the boys are not too busy fighting for victory, your fan mail, Sister Robinson, may need an extra Secretary or two. Thank you very much for such a bright, intelligent and amusing letter. We hope all the adjectives are in the right place.

And now, here are some more Pen Friends, who have been queueing up for three weeks to join up. **Pen Friends, welcome them into your midst!**

L.D.S. GIRLS:

Mary Scocks, 73 Paley Road, East Bawling, Bradford.

Elizobeth Martin, 32 Ogilface Cres., Blackridge, W. Lothian.

Alice Martin, Royal Victoria Hospital, Comely Bank, Edinburgh.

Joyce Wiggins, 127 Newlands St., Shelton, Stoke-on-Trent.

L.D.S. BOYS:

Pte. C. J. Durrant (24).
Drv. G. H. Fudge (23).
Ac/2 N. Dvke (20).
Canadian L/Bdr. J. Wiley (20).
Donald Calder (18) (Scot).
James Martin (30) (Scot).
Write to these c/o British Mission H.Q., 149 Nightingale Lane, London, S.W.12.

"I would like very much to join your Pen Friendship League. I shall be eighteen next month. I was baptized seven years ago. I like going to pictures and concerts, and hiking to study nature. I would like a Pen Friend of about my own age."—Miss E. M. Barnes, 30 Addison Villas, New Eastwood, Notts.

Another Junior Member:

"I am very interested in your Pen Friendship League. I would very much like to join it. I shall be fifteen next birthday. I love going to Church. I have been a member for six months. I read the 'Millennial Star' every week, and I am interested in the Gospel. I like sports."—Miss K. Anthony, 77 Church Street, Eastwood, Notts.

LATTER-DAY SAINTS—YOUTH OF THE CHURCH—
WRITE TO EACH OTHER.

—A. K. A.

It's More Fun To Be Fit

By Gene Tunney

Lieut.-Commander, U.S.N.R.; author of "Arms for Living."

Copyright by "The Reader's Digest" and reprinted by their permission.

PHYSICAL FLABBINESS has aways seemed to me a criminal, even sacrilegious abuse of that wonderful instrument, the human body. Ever since boyhood I've made a religion of keeping in shape by regular, conscientious exercise. Adhering to a high ideal of stamina and endurance has paid me dividends not only in the prize ring, but in the almost equally, gruelling struggle of everyday life.

To enjoy the glow of good health you must exercise. I don't recommend that you develop bulging biceps or go in for exhausting road-work and bag-punching. But I do say that if you will regularly devote 15 minutes a day, preferably before breakfast, for 60 days to the simple set of exercises that I've devised for conditioning men in the navy, I guarantee that you will enjoy the increased physical buoyancy and mental vigour that are so necessary in these times. Perform them faithfully and you can take puffy inches off your waistline, recondition unused muscles, feel better, work better and live longer.

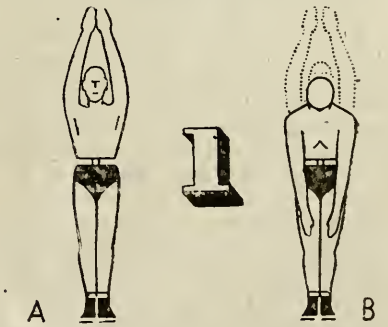
The man who has allowed his body to deteriorate cuts a pitiful figure—chest collapsed, stomach protruding. His sagging diaphragm forces his visceral apparatus out of place, hindering digestive and eliminative processes. He tires easily and complains that he feels like the breaking up of a hard winter.

The first thing this human mealsack must learn is proper

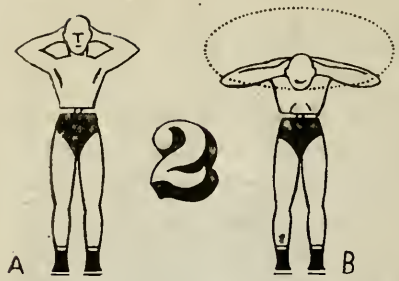
DETACH THESE FOUR PAGES AND KEEP THEM FOR REFERENCE

posture, the basis of all physical conditioning. "Head up, chin in, chest out, stomach in"—that's what we tell recruits in the navy. It's important for civilians, too, and not merely for the sake of appearance. Proper body-carriage conserves the energy that postural defects drain away.

The worst of these defects is the protruding stomach paunch caused by abdominal muscles that have become flabby through disuse. There are broad bands of muscle like cinch-straps around our waistline, whose job is to hold the stomach, intestines and liver in place. When these muscles lose their firmness or "tone," they allow the intestines to sink down and be-



(A) Raise arms to front and above head, inhaling deeply. (B) Lower arms, keeping them stiff and straight, until hands touch knees, with head dropped until chin touches collarbone. Bend at diaphragm, not at waist. Draw stomach up as far as possible. As hands touch knees, exhale. Do 20 times.



(A) Claps hands behind head, heels 5 inches apart. (B) With diaphragm drawn up and shoulder muscles relaxed, swing upper body in circle, ending in original position. Exhale on way down, inhale on way up. Circle to left 10 times, then to right 10 times.

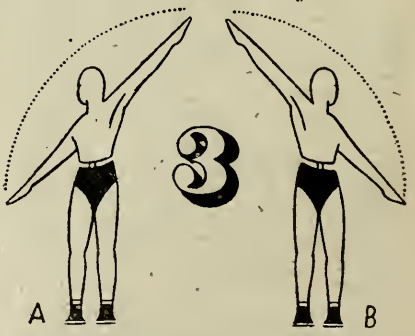
come impaired in function. Indigestion, headache, constipation and chronic fatigue follow.

To toughen the abdominal muscles, I developed exercise No. 1. If you perform it 20 times every morning, gradually working up to 50, you'll get rid of that paunch and the evils that accompany it. Remember that it's never too late to start rehabilitating broken-down muscles. The material is there, waiting for you to begin working on it.

Another deformity of posture is the flat, sunken chest, which occurs when we persistently neglect to use full lung capacity. We can get along on only 20 per cent of our lung capacity, but that dragging sort of existence is a poor substitute for the vitality we enjoy when the twin bellows of our lungs are taking in great drafts of oxygen. As Dr. George Crile said, "Oxidization is the only source of animal energy. We live in proportion to the amount of oxygen we get into our lungs."

A concave chest means that your diaphragm is sagging. This elastic wall of muscle, the partition between your abdomen and chest, forms the major part of the bellows mechanism that we use in breathing. If the diaphragm sags, the bellows won't work properly; you can't breathe deeply, and therefore don't get as much oxygen as you need. According to Dr. Herman N. Bundesen of Chicago, a sagging diaphragm may lead to a stroke of coronary thrombosis. He explains that an insufficient supply of oxygen slows down heart action; the blood flow becomes sluggish, a blood clot may form and clog the coronary artery of the heart, stoppering it like a cork.

Exercises Nos. 1, 2 and 3 will strengthen and put new resiliency into the diaphragm, and draw blood-purifying oxygen into every recess of the lungs. But the job isn't done when the exercise period is over. Keep your chest out and keep your stomach in, until it becomes a habit. At the end of a month you will



(A) Extend arms sideways at shoulder level. Drop right hand 10 inches, raise left to 10 inches. Draw stomach up hold hips stationary. Swing right hand behind and down, the left going forward and up. Keep arms in straight line. Pivot from diaphragm, eyes and head following hand that goes back and down. Inhale as head comes up. (B) With stomach drawn up, exhale as head follows left hand around the down. Do so 20 times to each side.

(Continued on page 331)

For The Young Folk

THE writer of these fine weekly features, Sister Effie May Bettridge, recently received her release from a year's Mission. She had long expressed a desire to me that she would like to assist in the preparation of the "Star," and after a brief spell at home she returned to London to take up war work and give a portion of her spare time to this work. So with this issue we continue the stories of Ancient Israel written by Sister Bettridge.

Although these weekly stories have been written primarily for our younger Church members and children, it appears, from the lively interest that has been exhibited of late, that some of our older members have been reading these features regularly. This is very gratifying, and we are glad to know that their interest has been such that notice has been taken of the slight mis-statement made in our issue the time before the last that this item appeared.

If you remember, it was said that Reuben, who was the first born of Jacob, the father of Israel, was disowned by his venerable father, and his birthright given to the sons of Joseph, Ephraim and Mannasseh. A chart was also given to illustrate this point. It is not quite right to say that Reuben was disowned. It is perfectly true that Ephraim and Manasseh did receive the blessing from their grandfather, Israel, and Reuben, according to Genesis, Chapter 49, also received a blessing. I hope that this is quite clear to you. Further reference can be found in Joshua, Chapter 13.

—EDITOR.

WHEN they heard of the new law which said that all their baby sons were to be drowned all the mothers in Israel were very sad.

One young mother, a descendent of Jacob's son Levi, was determined to save her own little son's life. She managed to hide him until he was three months old, but by that time he was too big to hide any longer, so she had to think of another plan. Because she had been successful so far in her efforts to save the baby's life, she was more determined than ever that he should not die, so she placed the boy in a watertight cradle made from bullrushes. The cradle floated upon the river, amongst the rushes, and could not be seen by people passing by. Miriam, the baby's elder sister, was posted to stand nearby and see that no harm came to the child.

One day the daughter of Pharoah came to bathe in the river. By some chance she noticed the cradle amongst the rushes and sent her maid over to investigate. When the box was opened the princess received a shock. The baby looked so helpless lying there, and I suppose it was the thought of the mothers love behind the plan to save the little life which moved her heart to pity.

In the meantime, very anxious and upset because of the things which were taking place, Miriam, who had been watching everything at a safe distance, was soon on the spot. She must have been a very clever girl, for seeing that the Princess intended keeping her baby brother, she offered to go and get a Hebrew nurse for him. Then she ran home to tell the news to her mother. So it was that the child's mother was able to care for him in safety, and be paid for so doing by the Princess. Of course, the Princess did not know that the nurse was really the mother of the child.

This little boy was named Moses, and when he grew older

(Continued on page 330)

The Latter-Day Saints' "Millennial Star"

THURSDAY, MAY 21, 1942

EDITORIAL

The Missionary's Message

THESE are the days of abundant news. The world is in turmoil and every day brings new developments in which we are all intensely interested. The end of the day comes with its story unfinished, perhaps at a point of crisis, and we are held in suspense as in a serial running in a magazine or on the screen.

In the midst of such environment and enveloped in such mental atmosphere there is danger that the most vital news of all—the Gospel news—may be submerged in the deluge of temporal interests and be given only secondary consideration.

European democracies are fighting for their lives, and in the United States men are driving themselves at fever heat to rush help to Britain, before it is too late, they say, to save the cause of liberty. They tell us the time is short and we must act both positively and quickly while there is yet opportunity.

And that is the message of the Mormon Missionary, only he extends its application to an even more urgent cause. He is out to warn the world that whatever might be the termination of the present world struggle; in any event, each person has very little time to make ready for the great, culminating moment of his life—when life, as we know it here, will end. When the light of its full significance dawns upon us, this is a solemn, sobering thought.

The Prophet Alma gives us an impressive picture of the situation in his warning to the people of Ammonihah:

"And we see that death comes upon mankind, which is the temporal death; nevertheless there was a space granted unto man in which he might repent; therefore this life became a probationary state; a time to prepare to meet God; a time to prepare for that endless state which has been spoken of by us, which is after the resurrection of the dead."—Alma 12: 24.

Let us suppose a philanthropist of unmeasured wealth provides a far journey for a number of his friends. The guests are told that at the journey's end they are to participate in a programme of achievement—not a contest wherein a few may win and many will not—but a race against time and

hurdles, with winnings for all. The rules of the game are clearly set out and must be meticulously followed. Points of credit may be picked up every minute of the day, and their attainment is limited only by the zeal applied. Every credit will be redeemed in cash on return to the home. The schedule of credit possibilities has been so set that those who energetically apply themselves will be made fabulously rich when their credits are presented. It would seem certain that every guest would exert himself to the fullest in gathering in all credits possible before the home call. Wouldn't it?

Yet you and I and all of us are now a part of such a favoured group. Credits are within our reach on every hand. We are certain of their full redeemable value when presented for payment. Our time of gathering is short, very short—how short we do not know. How earnest we should be!

Missionaries, it is your calling to remind the people of the reality of the boonful opportunities that are before them. Some of them have allowed themselves to be lured away by other attractions and have lost sight of the wonderous privileges offered by their magnanimous Friend, and are gathering few credits. Some are ignoring the rules of the game and their credits when presented will be challenged. Some do not know just what the rules of the games are and the great Philanthropist is expecting you to show them the way.

Some are indifferent or indolent and feel that there is more comfort in the happy-go-lucky, effortless present with its chances of the future, than the arduous striving for credits to cash in the far-away days to come. Others are obdurate, wilful and full of doubt. "How do we know," they say "that the promises of this so-called Benefactor will be kept and the credits be redeemed with cash?" And so they seek none. It is the pleasurable duty of the missionary to stir and stimulate the one and convert the other, thus becoming a saviour to both.

Missionary friends, the eyes of the world have not been opened as have yours. Those to whom you have been sent do not understand the significance of life as you understand it. They do not know that God the Father and Jesus Christ His Son have together come to earth and communed with man; that to man has again been given the authority to "Bind on earth and it shall be bound in heaven"; that the Gospel has again been restored to earth in its fullness and that the Church and Kingdom of God has again been organized with the officers, gifts, powers and authority which characterized it in former days.

This is your message to the world. Others may talk of the war and of our diplomatic relations with the warring nations, but your job is to make men realize the worth of the human soul, and teach them how to save it and make it worthy of eternal life in the presence of God. The Lord has said, "He that hath eternal life is rich." You have the formula by which men may gain this ultimate wealth. Joy to your hearts if you are diligent in giving it to many others.

—Ezra L. Marler.

FOR THE YOUNG FOLK

(Continued from page 327)

he was taken to the palace of Pharoah, and reared as the Princess's son. In spite of his royal upbringing, though, Moses was very proud of his Hebrew birth, and when he saw the Egyptians ill-treating his own people he became very angry. When he was out one day he saw an Egyptian being cruel to an Israelite. After making sure that no one was looking, he killed the Egyptian and hid his body in the sand.

—E. M. B.

★

A. R. P. DUTIES.

The Mission Presidency have been informed that one of our Priesthood members has refused to do local fire-watching on the grounds of being a Minister of Religion.

In order that this may not occur again, all our Priesthood are advised TO DO fire-watching duties ON WEEK DAYS. The local organizations will give every consideration to our Ministers to enable them to fulfil their various Church appointments on Sundays, etc.

—A. K. A.

★

SHEFFIELD DISTRICT CONFERENCE SCHEDULED.

SHEFFIELD District Conference will be held at the Sheffield Branch Chapel, Ellesmere Road, Sheffield, on Saturday and Sunday, May 30th and 31st.

Saturday programme: 5.30 p.m., Special Meeting with District and Branch Presidencies; 6.45 p.m. to 8.30 p.m., Tabernacle Organ and Choir Records; 1-act play, "Conversion"; dramatic reproduction on records. "The Fulness of Times"; Sister H. Woodford on Genealogical problems; social contact, etc.

Sunday programme: 10 a.m., Testimony-Sacrament Meeting, 11 a.m., 1st session, with an half-hour programme presented by Sunday School children; 2.30 p.m., 2nd session; 3.45 p.m., separate sessions for Priesthood and Ladies; 6 p.m., the final session.

Conference Theme: "Pre-existent, Present and Future Life."

★

NEW ADDRESS.

HANHAM BRANCH, Co-Operative Hall, High Street, Kingswood, near Bristol.

IT'S MORE FUN TO BE FIT

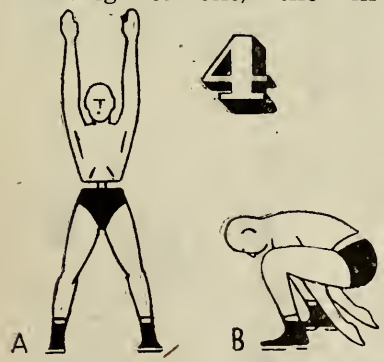
(Continued from page 326)

have doubled your lung capacity, and thereby benefitted every cell of your body.

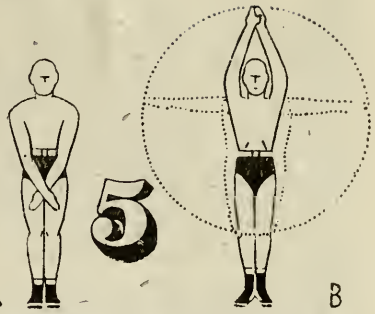
Many people complain of chronic weariness that sleep will not banish. Their trouble is that too little blood is being pumped through the body per minute; this sluggishness, permitting poisonous waste matter to accumulate in every cell, clogs the channels of energy.

Sinking into an overstuffed armchair is not the cure. You must speed up your circulation. The only way to do this is to exercise. A brisk 25 to 30 minutes' walk will send 25 or 30 quarts of blood coursing vigorously through your arteries every 60 seconds—blood that contains four times as much oxygen as it possesses when you loll in a chair.

While walking, inhale deeply for six paces, holding the breath, then exhale slowly. Do this 10 or 15 times during your walk. Like a cleansing torrent, the increased circulation and fresh oxygen will sweep away stagnant, toxic impurities—and take with them your tired feeling.



(A) Stand with heels 15 inches apart. Inhale while rising on toes and reaching arms over head. (B) Bring arms down stiff and straight between legs, exhaling and bending knees and touching floor with backs of hand as far behind heels as possible, to stretch back hips and abdominal muscles. Repeat 20 times.



(A) Stand to attention, cross hands. (B) On count of 1, slowly raise arms in semi-circle to front and overhead, rising on toes and inhaling steadily. Hands cross each other before reaching top position. On count 2, bring arms in semi-circle slowly down to sides, holding breath until they reach original position. On count 3, exhale completely. Do 6 times vigorously.

In youth, we get plenty of exercise through games and running around, but as middle life approaches, we settle down, literally and **figuratively.** Muscles that formerly were lean and resilient become slack and overlaid with fat. Fat is one of the chief enemies of the heart because it has to be plentifully supplied with blood and thus needlessly increases the pumping load that the heart must sustain. The less superfluous load that you carry around with you, the easier job your heart has.

I never fully realised that until I saw ghastly proof of it in the surgical amphitheatre. A grossly fat patient lay on the operating table; the surgeon, who had to slice through three layers of yellow fat to reach the patient's internal organs, pointed out to me the

thousands of fat-embedded blood vessels that were putting extra strain on the man's heart. But what shocked me even more were the pillows of yellow suet surrounding his liver and digestive organs, crowding and hampering them in their functions. This shameful, useless burden, carried to a degree by every over-weight man and woman is recognised as one of the principal factors in premature death.

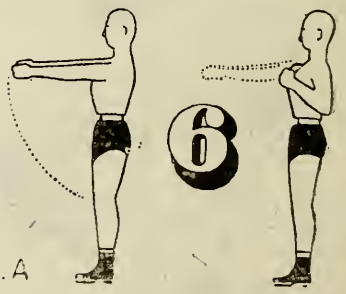
Excessive fat can't exist in a body that gets proper exercise. Physical activity, by increasing your metabolism, "burns" it up. If you are accumulating pads of fat around hips and abdomen, or if your once-lean arm and leg muscles are becoming suety, you must decrease your intake of starches and fats, and take regular exercise. Not violent week-ends of golf and tennis or sporadic outbursts of squash, but a daily drill that becomes as much a part of your life as brushing your teeth. The six exercises shown here, if performed every morning on rising, will not only strengthen the diaphragm and lungs, but will also take off a pound a week.

Exercise should be regarded as tribute to the heart. This marvellous organ—which is a tough bundle of muscles—thrives on a good workout, and no person free of organic heart trouble need fear that exercise will strain it. More hearts have failed from flabby degeneration than from over-exercise. If you're in doubt about the advisability of exercising regularly, see your family doctor and have him check you over.

Yesterday the paunch, the stoop and the glazy eye didn't matter so much. But these pitiful signs of flabbiness and decay do not fit into the picture of a nation grappling with moral enemies. To be in poor physical shape in our present crisis is unforgivable.

You can buy substitute for exercise in any drugstore—headache powders, antacids, laxatives, pick-me-ups—which promise to confer priceless blessings. But you need never buy them again. You will not need the false stimulation of benzedrine or the pain-killing effects of aspirin; you can shake off your dependence on habit-forming laxatives and overcome the acid torments of heartburn if you spend 15 minutes every day in exercise.

Today exercise is needed not only by soldiers and sailors who are fitting themselves for combat. It is a voluntary effort that all civilized men and women should make towards physical perfection—a quickening, cleansing discipline that does for the body what prayer does for the spirit. Stimulated by it, our life-flame burns with a clearer ray; nothing seems hopeless or impossible, and we are charged with the joy of being wholly alive.



(A) Stand to attention; slowly raise arms straight to front, shoulder width apart. Inhale, filling lungs, and clench fists. (B) Move arms back and forward as vigorously as possible, 6 times, holding breath. On 6th stroke, exhale and return to attention. Do this 6 times.

Our Missionaries' Page

LANTERN LECTURES. Our full time Missionaries are already taking advantage of giving lectures with the aid of slide films in the homes of members and investigators of the Gospel. Here is a report received:

"Twelve people were present at a lantern lecture given in the home of a lady whom we contacted whilst tracting. Some of those present were similarly contacted. Slide films shown: 'King of Kings' and 'Forgotten Empires.'"—W. Moore and Julia Walton, Bristol District.

We wish to commend these two new Missionaries, who have been only two weeks in the Field, and encourage them and every other Missionary to take advantage of the facilities at their disposal in preaching the Gospel with the aid of lantern lectures. **Next month we will give statistics of lantern lectures given by the Missionaries. There is a grave shortage of lamps, therefore take great care of your equipment. Districts without lanterns will be supplied as soon as replacements of lamps are available. OBJECTIVE: ONE LECTURE A DAY.**

COMPARATIVE REPORT—FULL TIME MISSIONARIES

MARCH, 1942

A—Tracting hours; B—"Stars" sold; C—Pamphlets sold.

	A	B	C		A	B	C
A. C. Anastasiou	30	54	11	Melvin W. Dunn	16	—	—
A. H. Willmott ..	45	88	45	Alvin Gittins ..	16	—	—
Delia Bedford ..	32	62	—	H. Dyson ..	18	—	—
Marjorie Germany	26	14	—	A. J. Fisher ..	12	—	—
Wm. L. Buchanan	25	119	145	*Sylvester Dale ..	11	—	—
L. T. Moore ..	25	49	2	*George E. Evans	7	—	—
L. S. Burton ..	19	38	—	Olga Emery ..	27	40	7
Hazel Sands ..	30	120	21	V. G. Thomas ..	7	5	—
Phyllis Clayton ..	22	—	68	*R. Fletcher ..	10	9	1
D. Moorhead ..	18	—	49	*J. McCormick ..	10	—	—
V. M. Coleby ..	48	138	8	A. Wild ..	42	43	16
Lucy Ripley ..	43	83	24	E. Williams ..	42	47	7

*—Two weeks.

Reports from the Field:

"Held religious class in the home of Brother and Sister Smith, Bullwell, on the 8th May; five present."—Buchanan and Moore, Nottingham District.

"Held cottage meeting in the home of a sick Sister, Mrs. Holden. Fifteen in attendance (including seven non-members); May 9th."—Lady Missionaries Grace Gent and D. Bedford, Nelson Branch.

"And the voice of warning shall be unto all people, by the mouths of my disciples, whom I have chosen in these last days." —Doctrine and Covenants 1: 4.

—A. K. A.

Relief Society Centennial Celebrations

THE Centennial of the Relief Society was celebrated throughout the British Mission on Tuesday, 17th March, and the week-end following. Here is a general account of the Centennial Celebrations in the British Mission that have been received to date:

Birmingham.

Relief Societies of the Handsworth and Sparkbrook Branches held a social on Saturday, March 21st, in the Sparkbrook Branch Hall. The programme consisted of a pianoforte solo, by Sister Margaret Dunn, games, conducted by Brother E. J. S. Jones, a duet by Brother and Sister Frdk. Webb, musical interlude by President Norman Dunn, and a monologue by Brother Fdrk. Webb, and was very much enjoyed by all the 34 people present. Sister Florence B. Dunn, District Relief Society Supervisor, addressed the gathering, and asked them to try and follow the example of having portraits of past and present Relief Society Presidents framed for remembrance. Finally an item was given by Sister M. Jevons, and dancing was led by Brother W. Alvin Thomas.

On Sunday, March 22nd, the Sparkbrook Branch Relief Society held their Centennial Celebration programme. This was conducted by Sister Maud Dyson, the speakers being Sisters Sarah Grundy, Clarice Farmer, Doris Webb and Maud Dyson. The attendance at this meeting totalled 23.

Irish.

The Dublin Branch Relief Society held their Centennial programme on Sunday, March 15th. President Lena Horlacher took charge, and the other speakers were Sisters Mary Mogerey and Maureen Mogerley. The pageant, "By their fruits ye shall know them," was presented by Sisters Babette Dimler, Louisa Steele, Babette Rety, Mary Mogerley and Gertrude Horlacher. President Christian F. Steele gave an organ recital during the course of the programme.

London.

The members of the South and West London Relief Societies met together at "Ravenslea" on March 17th to celebrate the Centennial. President A. K. and Sister Marie W. Anastasiou, Elder J. R. Cunningham and the Missionaries were present. Sister Anastasiou made a few remarks, and the trees were planted and dedicated by President A. K. Anastasiou. After tea, a pageant depicting the eight Presidents of the General Boards was presented by Sisters Bickerstaff, Anastasiou, Tarr, Vincent, Clark, Hill, Giles, Cook and Munton. Sister Giles, Cook and Emery, of the West London Branch, presented a play entitled "Which are you?" Sisters A. Tarr, Mead, Beeching, J. Tarr and Y. Anastasiou took part in an Item "Am I Responsible." About 60 people were in attendance, and a good time was had by all.

Scottish.

The Edinburgh Relief Society, under the direction of Sister Annie Paterson, held a bazaar and concert on Saturday, March

21st, at which 36 people were present, only 12 being members of the Church. Most of the success was due to the efforts of Mrs. J. Hamawi and Mrs. B. Garrard, two very good friends. The entertainment of the evening was concluded by the presentation of the Relief Society pageant, "By their fruits ye shall know them."

The Relief Society Centennial was also celebrated in the rural districts of Scotland. A splendid tea was served, and the rest of the evening was spent in games and songs. This was the first social to be held for year in this part of the Mission.

Glasgow Branch held their celebrations on Sunday, 15th March, 1942. President Joseph McQueen presided over the meeting, whilst Sister Ethel Hosie conducted. Speakers were Sisters Sarah Thomson, Sarah M. Aitken, Ethel Hosie and May Paterson. President Joseph McQueen gave a few remarks in conclusion. Fifteen people were in attendance.

Liverpool.

March 17th was the date of the social held in the Liverpool Branch by the Relief Society Sisters, under the direction of Sister Marie Fyfe. After the presentation of the pageant, a tree was placed on view, representing, with its branches, the different Relief Society activities. Afer a few items, which were very much enjoyed by the gathering, the time was turned over to refreshments and games.

The Sunday Evening Centennial programme was held on March 22nd, once more under the direction of Sister Marie Fyfe. A short pageant, "Thé Fruits of the Tree," was presented, with Sisters Mary Gardner, Patey, Espling, Hogg, Bawine, Willis and Mrs. Roberts.

Manchester.

During the week-end of March 21st and 22nd, the Relief Societies of the Manchester District met, in the Oldham Chapel, to celebrate 100 years of Relief Society work. Commencing at 3.30 p.m., two oak trees were planted, gifts of President John Massey, on behalf of the District, and Sister Elizabeth Pearce on behalf of the Branch. The ceremony of planting was performed by District Supervisor Sister Sarah Kelsh and Sister Elizabeth Pearce, and the ground was dedicated by District President Albert Woodruff.

A banquet was held at 4.0 p.m. The 130 people present thoroughly enjoyed themselves, and the occasion was enhanced by the timely toasts, given under the direction of Toastmaster John Massey. Sister Sarah Kelsh was heartily thanked for all the time she had taken to arrange the banquet. A notable fact was that all the food was given by the Saints. The entertainment of the evening, consisting of a pageant, "Daughters of Israel," and a short comedy play, entitled "The Dear Departed," was well carried out under the direction of Sister Emma Wynn. Sleeping accommodation was arranged for the Saints from the various Branches.

The first session of the Sunday celebrations convened at 11.0 a.m. After the administration of the Sacrament, the time was turned over to Sister Sarah Kelsh, who, in turn, called upon

Sisters Emma Wynn, Sarah Kershaw and Florence Allsop to address the congregation. Fifty people were present. The second session commenced at 3.0 p.m., with President John Massey conducting. A short pageant "By their fruits ye shall know them," was presented by the Sisters. Speakers were Lady Missionaries Sisters Hazel Sands, Lilian S. Burton, E. M. Bettridge, O. S. Emery, Sister Sarah Kelsh, Brothers John Massey, Edward Kershaw, and President Albert Woodruff. The attendance at this meeting was 70.

The members of the Rochdale Branch Relief Society went, by invitation, on Tuesday evening, 17th March, to the home of Sister S. Kelsh, to celebrate the Hundredth Anniversary of the Relief Society. All Sisters received a warm welcome, and spent a pleasant time together; dinner was served later in the evening.

Norwich.

The Lowestoft Branch held a ceremony, on Thursday, March 19th, to celebrate the Centenary of the Relief Society. An English oak tree was planted by Sister Gladys Walpole, and dedicated by District President Frank H. Coleby. The ideals of the organisation were presented in play, poem and song, and tea was served to those in attendance.

Leeds.

Bradford Branch Relief Society held their Centennial Conference on Sunday, 22nd March. President Eliza Ellen Summerson was in charge. Other speakers were Sisters Ethel Bradbrook, Ruth A. Schofield and Clara Evans. The singing mothers rendered musical items under the conductorship of Sister Clara Evans, with Sister Hilda Firth at the piano. Forty-one members and friends were present.

Leeds District Centennial Celebrations were held on Easter Sunday, April 4th, in the Bradford Chapel, and the Sisters, through prayerful, combined effort, enjoyed a fine programme in commemoration of a Century of Relief Society work. President A. K. Anastasiou was present, and Sister Emily Jane Whittaker of the Bradford Branch was a guest of honour. Later in the programme Sister Whittaker was presented with a bouquet of flowers, and responded by giving words of admonition and advice to all present. President Anastasiou then presented Sister Whittaker, and all the Presiding Relief Society Sisters with Centennial Ribbons, and Sister Whittaker presented him, in turn, with a Centennial Ribbon. Later, all the Relief Society Sisters were presented with these tokens.

A grand banquet, prepared by the District Relief Society Sisters, under the direction of Sister Kitty Laycock, was then held. The hall and tables were very tastefully decorated in the Relief Society colours, and suitable toasts were made. The evening celebrations consisted of pageants, plays, songs by the Singing Mothers, and the room was filled to capacity by people enjoying the spirit of the gathering.

All participants were left feeling imbued by the Spirit of the Lord, and having, in their possession, a portion of the Centennial Cake, and a strong desire to carry on with their Relief Society work.

(To be continued)

"A LIBRARY OF CHURCH BOOKS IN EVERY LATTER-DAY SAINT HOME."

—A. K. A.

STANDARD CHURCH WORKS

Holy Bible (Leather bound) (Ready References)		15/0
Holy Bible (Leather bound) (Teachers' Edition—Ready References		28/6
Holy Bible (Inspired Version) - - - - -		19/0
New Testament (Leather bound) (Ready References		12/0
Book of Mormon (Missionary Edition) NEW SUPPLY		3/6
Book of Mormon - - - - - - - - -		6/0
Book of Mormon (Leather Bound) - - -		12/0
Book of Mormon (Leather bound) (India paper)		15/0
Doctrine and Covenants (Leather bound) -		12/0
Doctrine and Covenants Commentary - -	H. Smith and J. M. Sjodahl	11/6
Livre de Mormon (French, Leather bound) -		6/0

OTHER WORKS

Articles of Faith (Blue cloth) - - - - -	James E. Talmage	6/0
Articles of Faith (Leather Bound) - - -	James E. Talmage	12/0
Brigham Young (Biography) - - - - -	Susa Young Gates	7/6
Case Against Mormonism - - - - - -	Robert C. Webb	5/0
Century of Mormonism in Great Britain - -	Richard L. Evans	5/6
Defence of the Faith and the Saints - -	B. H. Roberts	6/6
Elijah the Prophet and his Mission - - -	Joseph F. Smith	8d.
Exiles (Poetry) - - - - - - - - -	Alfred Osmond	6/6
Falling Away - - - - - - - - -	B. H. Roberts	7/0
Flashes from the Eternal Semaphore - -	Leo. T. Muir	4/6
Founding of Utah - - - - - - - -	Levi Edgar Young	7/6
Fruits of Mormonism - - - - - - -	Harriss and Butt	7/6
Gospel Quotations - - - - - - -	Henry H. Rolapp	5/9
God's Covenant Race - - - - - - -	James H. Anderson	6/6
Gospel and Man's Relationship to Deity - -	B. H. Roberts	5/6
Great Apostacy - - - - - - - - -	James E. Talmage	3/6
Great Temple - - - - - - - - -	McAllister	9d.
In Search of Truth - - - - - - -	John A. Widtsoe	4/0
Joseph Smith's Teachings - - compiled by	Edwin F. Parry	4/0
Key to Theology - - - - - - - -	Parley P. Pratt	4/6
Karl G. Maeser (Biography) - - - -	Reinhard Maeser	3/6
Latter-day Revelation - - - - - -		2/6
Lesser Priesthood and Church Government -	Joseph B. Keeler	5/0
Modern Miracles - - - - - - - -	Jeremiah Stokes	4/9
Missouri Persecutions - - - - - -	B. H. Roberts	6/6

Moral Teachings of the New Testament - -	Milton Bennion	4/6
Medical Aspects of the L.D.S. Word of Wisdom	L. Weston Oaks, M.D.	4/6
Origin of the Reorganized Church (cloth) -	Joseph F. Smith	3/0
Origin of the Reorganized Church (paper) -	Joseph F. Smith	1/6
Our Church and People - - - - -	John Henry Evans	4/6
Priesthood and Church Welfare - - - -	Stewart, Walker & McGavin	5/9
Programme of the Church - - - - -	John A. Widtsoe	8/0
Rise and Fall of Nauvoo - - - - -	B. H. Roberts	6/6
Rational Theology (paper) - - - - -	John A. Widtsoe	2/6
Restoration of the Gospel - - - - -	John A. Widtsoe	4/6
Romance of the Book of Mormon - - -	Josiah E. Hickman	10/6
Seven Claims to the Book of Mormon - -	Widtsoe & Harriss, Jnr.	2/0
Sunday, the True Sabbath of God - - -	Samuel W. Gamble	6/0
Way to Perfection - - - - - - -	Joseph F. Smith	6/0
Why do I Believe? - - - - - - -	Ernest Bramwell	7/6
Word of Wisdom - - - - - - - -	John A. & Leah D. Widtsoe	6/6
Speed on Salt - - - - - - - -	G. Eyston & W. F. Bradley	3/0

FICTION

Added Upon - - - - - - - - -	Nephi Jensen	5/0
For This, My Glory - - - - - - -	Paul Bailey	10/6
The Soul's Fire - - - - - - - -	Jeremiah Stokes	10/6
Type High - - - - - - - - -	Paul Bailey	9/6
The White Indian Boy - - - - - -	Wilson Driggs	7/0

MUSIC

Millennial Hymns of Parley P. Pratt Compiled by	S. Russell	2/6
Organ Voluntaries - - - -Compiled by	Alexander Schreiner	7/6
Primary Song Books - - - - - - -		2/3

TEXT BOOKS AND STATIONERY

Branch Supervision - - - - - - -	8d.
Instructions for District Supervision - -	7d.
Guide for Leaders in Temple Work and Genealogy	7d.
Books of Remembrance - - - - -	3/6
Genealogical blanks (all kinds) - - - - -	6 for 7d.
M.I.A. Manuals - - - - - - - -	2/0
M.I.A. Minute Book and Record - - -	2/6
Relief Society Minute Book - - - - -	2/6
Sunday School Record - - - - - -	4/6
Branch Record of Tithepayers - - - -	£1/0/0
Branch Record of Members - - - - -	11/6, 15/6 & £1
Branch Historical Record - - - - -	16/0

★

THE MISSION BOOKSTORE

149 Nightingale Lane, London, S.W.12

The Ludo Press, 373 Earlsfield Road, London, S.W.18.